

# GRAPEVINE

## VISITACION VALLEY

VOL. 1, NO. 3

SERVING OUR COMMUNITY

OCTOBER 1986



CONFLICT MANAGERS ASSIST  
IN NEIGHBORHOOD DISPUTE

## Prop D To Unlock Gates for School Activities

By Nancy Kerns

A proposition on San Francisco's November ballot may make it possible to re-open some 30 playgrounds and 20 gymnasiums to provide activity for 3,000 youths.

Proposition D amends a section of the City's Charter to provide funding for restoring an after-school program (which was jointly operated by the

Continued to Page 5

## Third Graders Rate High in Statewide Test Scores

The results of the 1985-86 California Assessment Program (CAP) test show that San Francisco Unified School District's 3rd graders are continuing to improve. The District's 6th graders show a trend of stability and growth while 8th graders' scores declined slightly.

In Visitacion Valley, credit goes to Carole Bell and her staff of able, experienced teachers at V. V. Elementary School where test scores are well above the Comparison Score Band, which means that those students are out-performing 75% of all students in similar schools state-wide.

In 1984-85 Visitacion Valley Elementary School scored 224 in Reading, 240 in Written Expression and 244 in Math, all of which were below standards set by the State of California.

In 1985-86, Visitacion Valley Elementary School scored 310 in Reading, 365 in Written Expression and 340 in Math, well above the Comparison Test Band norms.

El Dorado, however, with a major change in staffing: new principals and teachers, suffered decreased test scores, as follows: 1984-85 showed Reading at 231, Written Expression at 235 and Math at 231, all of which were within acceptable limits. In 1985-86, those scores fell to 223 in Reading, 241 in Written Expression and 220 in Math, below the Comparison Score Band. "It is expected, of the SFUSD Public Information Office, "that scores will return to their previous levels quickly as the new principal and teachers deal with their new situation.

## Community Boards Celebrate "A Decade of Peacemaking"

By Debra Etienne

Many thought it could never be done -- lay people settling neighborhood disputes without lawyers or the police. But the famed Community Boards of San Francisco proved that notion wrong and is celebrating its tenth anniversary this year.

A decade ago the nonprofit agency held its first board meeting in Visitacion Valley, an area that was historically underserved, according to Rita Adrian, area coordinator for the Community Boards office in the Valley. "It was a diverse neighborhood and there was the feeling that there were unaddressed problems and therefore fertile grounds," Adrian said.

Hundreds of trained volunteers assist people in settling a wide variety of disputes about parking spaces, landlord/tenant disagreements, barking dogs, loud music, trees and fences, to name a few.

The Leland Avenue office is one of three field offices that are scattered throughout San Francisco. The other two include Hayes Street and 27th Street and Ninth Street administrative offices.

To begin the process, one of the three offices receives a complaint and a representative visits the aggrieved party. Then the second party, who the complaint is about, is contacted and asked if he/she will talk about the problem. Next is the hearing, where 3-5 panelists listen to the disagreement.

"The panel isn't there to impose a resolution,

but to help the two people. It's contrary to find somebody guilty or wrong. We try to get people to communicate and to understand each other better and they can begin to see what they need to ensure peace," Adrian said.

It's a three-part process, she added. "First all parties are encouraged to talk about what's happening and how it makes them feel. Second, they're encouraged to talk to each other and the panel helps them do this, and third, they help them articulate and acknowledge whatever new understandings they may have. Fourth, they work out the resolution," Adrian said.

The program began as an alternative to the courts. "Few cases really require the expensive, formal process of the law, with lawyers arguing on behalf of their clients in front of a judge," states Raymond Shonholtz, founder and executive director of Community Boards.

Adrian said people sometimes call the police over simple matters like parking spaces when agreements could be reached by talking to each other.

"There could be a situation that we couldn't handle, but ordinarily we can. They always have the option to go to the law, but we try first.

"When people agree to come here they understand that they're in a place that's safe and totally neutral where nobody

Continued to



FROM THE EDITOR

By Pat Christensen

Do you let someone else select your shoes for you? Your shoes must fit properly and be comfortable - in other words, meet your personal needs. Government must fit right and meet your personal needs also, but often we let others made the critical decisions about which candidates are elected and which issues are resolved because we do not vote.

Truē, it is hard to imagine that one vote makes a difference - yet President Nixon was elected by an extremely narrow margin over John F. Kennedy. What if those who felt strongly for Kennedy, but did not vote, had voted? History would be different.

There is power in your single vote - in your friend's and neighbor's vote - in your community's vote. Our right to vote in freedom and privacy sets us apart from most of the world. Ask an enslaved black person in South Africa how important the opportunity to vote in a free election would be to him.

PREPARE YOURSELF TO VOTE. Attend Candidates Night on Friday, October 24, 7:30 p.m. at the Community Center, 50 Raymond Avenue. Meet the candidates for public offices, ask them how they stand on the issues that concern you. Make an informed choice at the polls on November 4th.



COMMUNITY CENTER'S ENTRY  
IN URBAN SCARECROW CONTEST

CENTERVOICE



By Julie Kavanagh  
Executive Director

Fall has arrived and the Center is humming with activity. The youth are preparing for their after-school jobs through the Mayor's In-School Youth Program (MISY). The big kids have graduated and the new kids are coming into childcare and preschool. The new aerobics class will be starting before you read this.

Our Day at the Races was last week, and the Bay Cuisine lunch is coming up in November. Ceramics class has begun work on Christmas items, and the gardeners are planning a Harvest Festival.

We're still looking for a qualified Child-care Director, and I'm looking for a volunteer to help me start "Guest Chef Cooking School."

The big survey project for the Center's five year plan is underway. We will be compiling the data in about two weeks,, and we will report to you on the community planning meeting scheduled for November.

By the time you read this, our latest renovation project should be starting. We are repairing the foundation at the north wall of the gym...bear with us... business as usual (mostly).

If you haven't been here lately, stop by. We think you will like what you see. We hope you will want to spend time here. We know you will enjoy meeting old and new friends. Have a wonderful October.

Kids Make Peace

Visitacion Valley Elementary School has had a Conflict Management Program for three years. Ligaya Santos, Conflict Management Coordinator, praises the program because "It develops leadership skills, the students who participate become more understanding of their peers, develop a strong sense of responsibility and are dedicated Conflict Managers."

Thirty-six students are elected by their classmates and receive 15 hours of training on process, terminology and problem solving.

Santos believes that "fights in the school yard are almost non-existent. The students respect the Conflict Managers."

When there is a conflict, the disputants are given a choice between conflict management, yard supervisors or the principal as a means of resolving the issue. If they choose conflict management, they must abide by the rules which are: they tell the truth, take turns talking, and agree that they will solve the problem.

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VISITACION VALLEY

MANAGING EDITDR: Pat Christensen  
EDITORS: Debra Etienne  
Nancy Kerns  
STAFF WRITERS: Len Appiano  
Debra Etienne  
Nancy Kerns  
John Yarling  
PRDDUCTION: Len Appiano  
ADVERTISING MANAGER:  
Anne Kaartunen  
DISTRIBUTIDN: Pat Christensen  
BOOKKEEPER: Lenida Reyes  
TYPIST: Kellye Platt  
Arkie Mandelsdorf

EDITORIAL BDARD:  
Debra Etienne  
John Yarling  
Julia Kavanagh  
Pat Christensen

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## After-School Program Open Six Days

S. F. Park & Recreation announced a new after-school program at Visitacion Valley Elementary School, open Monday through Friday from 2:30 p.m. to 5:30 p.m. and Saturdays from 11:00 a.m. to 5:00 p.m.

Activities are scheduled as follows:

Monday: Kickball  
Tuesday: Basketball Skills  
Wednesday: Kickball  
Thursday: Games, Relays and Contests  
Friday: Kickball  
Saturday: Relays, basketball, and games

Special activities are planned as surprises for the children. Everything is free. The director is Ramona Silver.

## Green Thumb Neighbors Receive National Recognition

Visitacion Valley Senior Park and Community Garden received Honorable Mention and a check for \$100.00 from the American Community Gardening Association. The award was for "A New Garden in the Western Region."

San Francisco League of Urban Gardeners (SLUG) is the western regional office of ACGA and administered the \$10,000 grant from the Mayor's Office for Community Development which made the gardens possible.

The land for the gardens was donated by San Francisco's Water Department with the permit being held by the Community Center.

Clearing of the land was accomplished by SLUG, SLUG volunteers, Visitacion Valley volunteers, the San Francisco Conservation Corps, Crew 3, and the Sheriff's Work Alternative Program.

A grant of more than \$600 worth of gardening tools from the National Garden Association Tool Grant made the work easier.

"The deserved it!" exclaimed Kristine Elmstrom, Community Program Director for when reporting the award, "and Hyoka Bells, Garden Coordinator, and Keith Makatani, New Garden Developer, deserve much of the credit."

## Community Boards Activities

The public is invited to join Community Boards of San Francisco's tenth anniversary celebration. The following activities are planned:

\*Monday, October 8, Noon: in the City Hall rotunda a commemorative to honor conflict managers in the School Initiative Program

\*Thursday, October 9, 7:00 to 9:30 p.m. at Alvarado School, 625 Douglas Street for free introductory workshop in Parent Effectiveness Training.

\*Saturday, October 11, 11:00 a.m. to 2:00 p.m. 100 block of Leland Ave., a Community Boards Tenth Birthday Party honoring board members and volunteers. Food available, \$3.00 small \$5.00 large plate, free popcorn, sodas and snowcones. Variety show with singing, juggling and music, a clown, face painting, booths and games.

\*Tuesday, October 14, 5:30 - 8:30 p.m., free 3 hour communication and conflict resolution training. Space is limited, call 552-1250 for reservations.

## Fall Festival of Values



<b>SELSUN BLUE</b> 7 OZ. 3 17	<b>MYLANTA</b> LIQUID 12 OZ. TABLETS 100'S 2 39 2 39 <b>MYLICON-80</b> 48'S 3 77
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<b>DURATION</b> NASAL SPRAY 1 OZ. 3 27	<b>MEDIQUELL</b> COUGH SQUARES 12'S 1 97
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# Miracles in Brisbane

## Evolutionary Health Care

### Through Genetic Engineering

By Julia A. Kavanagh

We've all been concerned recently about the use of chemicals, artificial medicines and the effects of agricultural and industrial pollutants. "Better living through chemistry" has seemed to have become a nightmare instead of a beautiful dream. On the other hand, natural medicine has rotated in and out of popularity over the years, but for many centuries it has survived and we now see that it has proven to be truly effective and remarkably safe. Natural medicine has evolved through herbs, spring tonics and teas; through crossbreeding and grafting of plants; the arrangement of marriages to produce strong and intelligent offspring to the use of live and dead viruses for diagnoses (TB scratch test, allergy tests) and immunizations (Polio vaccine, flu shots). Quite a change, but even these modern wonders have their drawbacks. Often, these vaccines and tests have undesired side effects, and occasionally, they can do more harm than

good, as in the whooping cough vaccine controversy where some children proved allergic to the medication.

Working with genetics is a refinement of the use of the above techniques, designed to eliminate these undesired effects. All the material used is natural... part of our own organisms, and no artificial chemicals are used. Instead of using the entire disease producing organism (virus or other), only one or a very few carefully selected protein antigens (components of the whole) are used to develop a new vaccine. This lessens or eliminates the number of side effects possible in the use of the vaccine. A virus is so small...how can they do that?

Protein is necessary for the growth and repair of all animal tissue. You, me, my dog, the farmer's cow...and the virus are all animal tissue. DNA is the genetic material that determines what we are like. It sends its

message through the RNA, which is a kind of translator, to the protein, which makes us what we are today. The DNA is shaped like a twisted ladder, which looks like this when straightened out:



## D.N.A.

The "rungs" of the ladder are made of combinations of different units of genetic information. There are four kinds of units where adhere to the sides of the ladder. (Three of these units are called a CODON.) The information in the DNA is sent to the RNA, which translates it into a form that the protein can understand and use.

In developing a new vaccine, the scientist might take just one of these units of information to use...the one that could prevent a disease, and leaves the others (which might contain unwanted effects). This then is a refinement of natural medicine, much as microsurgery is a refinement of earlier, more

invasive surgical techniques. It is no longer necessary to remove an entire limb to deal with a problem, nor to remove the entire breast in many mastectomies.

As I heard over and over while talking to the scientists and Fred Craves, President of Codon, and as Ray Cummings, Director of Business Development, so aptly put it: "Working with genetics is not revolutionary... it is EVOLUTIONARY."

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**Prop D**

Continued from Page 1

Recreation and Park Department and the School Board until the 1978 budget cutbacks.

Beginning July 1, 1987, money from the Open Space Fund (which is derived from property taxes) would be utilized for open space acquisition, renovation, and maintenance, and for recreation programs on property within the jurisdiction of the San Francisco Unified School District. The programs could curb some youth delinquency and help occupy children who otherwise might be home alone.

Margaret Brodtkin, Director of the Coleman Advocates for Children and Youth (the organization that lobbied the City to get Prop D on the ballot) said there are several schools in

the Visitacion Valley that will probably receive funds for after-school recreation, if the Proposition passes. One such program was put into effect this week at the Visitacion Valley Elementary School with temporary funds budgeted by Mayor Feinstein. The funds for this program came from a small, unexpected surplus and will be cut off next year if Prop D does not pass.

Joseph Mill, principal of Visitacion Valley Middle School said that he would welcome any funds to improve the school play areas and gymnasiums. "Capital improvements would be needed before our facilities could be used," he said, but indicated that improvements to Valley schoolyards and playgrounds would make our community safer for our children.

The GRAPEVINE has jobs as follows:

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WHEN THE VALLEY WAS YOUNG

By Len Appiano

Just as time has altered the character and make-up of Visitacion Valley, it has changed its needs for public transportation.

In efforts to better serve the community, the City has added, extended, changed, and even eliminated some of its local routes.

But for many longtime valley residents, no route is more affectionately remembered than their original Visitacion Valley line; the beloved "galloping goose."

As more families moved to the valley following the 1906 earthquake and fire, planners envisioned the need for a streetcar line to connect the already existing 15 Kearny and North Beach route with the trolleys running on Mission St.

Commencing near the Six Mile House at what is now Bayshore Blvd. and Sunnydale Ave., workers laid a single track for two and a half miles to Geneva Ave. and Mission St.

Along this route, which ran up McDonald Ave., turned left at Schwerin St., and right at Geneva Ave. (then still known as Walbridge St.,) several turnout tracks were built to accommodate passing streetcars.

By October 25, 1909, the first trolleys were operating on the new V-Line.

Eventually operated by the Market Street Railway Company, the line usually ran two streetcars on its haphazard track. A third car was reportedly destroyed in a 1918 accident.

With an increase in motor coach lines during the late 1930s, the usual light passenger load of the V-Line convinced MSR officials that its time had passed.

Even with newly acquired cars being pressed into service by 1935, they announced that the route would soon be assumed by an extended 50 Crocker-Amazon bus line.

On July 31, 1937, after nearly 28 years of service, the streetcars ran their track for the very last time.

Grapevine Puzzler

VISITACION VALLEY STREETS...CAN YOU FIND THEM?

ODEAWZYDDETESELADYNNUSPAUSREKJUTA  
DRARSPTZYHTRACCMANSELLNBOCPYEIM  
RARYHAUVFRATESSACOURTUHMNYERDRO  
AWAAORCGILLETTEENVAAHEEICEMAULTL  
WECWLKGKCASTILLOEHROVSLARGEBTIAO  
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NETAORZDWAYOTIRBRITTONIGSDNSLTV  
URNLSLEBMACATELRAHARKNESSDEYDOB  
TIAPUEBLOLEDNOMYARANEDASAPPUEBA  
LNSCHWERSNIRERNINSPARTALBERTSTE  
OECARRETHSABAWISVAIONENARITTASR

WORD LIST

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BROOKDALE CALGARY CARRIZAL CASTILLO CORA DELTA DESMOND  
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GIRARD GOETTINGEN HAHN HARKNESS HART HESTER HOLYOKE KELLOCH  
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ORDWAY PARGUE PASADENA PEABODY PENINSULA PUEBLO RACINE LANE  
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SUNRISE SUNNYDALE TALBERT TALBERT COURT TEDDY TOCLOMA TUCKER  
TUNNEL VELASCO VISITACION WABASH TERRACE WARD WHEELER WILDE  
(words may overlap and letters may be used more than once.)

SOLUTION IN NEXT ISSUE.

by ANNE KAARTUNEN



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Young Gardeners  
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A preliminary proposal which would direct \$10,000 from the Mayor's Office of Community Development to Visitacion Valley Elementary School for a school garden has leaped over its first hurdle and now awaits approval by the Board of Supervisors.

Initiated by Anne Kaartunen and the Visitacion Valley Elementary School Parents Club (VIPS), the proposal received more than 50 letters of support from local merchants, residents and from then Supervisor Louise Renne.

More than 350 elementary students and 100 youth from the valley will be joined by seniors in planting the garden in

the Spring of 1987. SLUG will provide technical assistance. Much of the land has already been cleared of broken glass and rubble and awaits its future as a verdant gardensite.

VISITACION  
VALLEY

Visitacion Valley was a natural, fertile area for the raising of cattle and sheep. Scattered Rancheros developed from 1777-1887. The entire tract of Visitacion Valley was purchased by Jacob P. Leese in 1939. He was the first Anglo-Saxon to be given a land grant.



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# CALENDAR **How Do Your Gardens Grow?**

By Hyoka Bells



**OCT. 12: LIVE ENTERTAINMENT FOR FAMILIES:** Keith Terry & Derique clapping, snapping and slapping body music spiced by clowning

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**OCT. 16: Community Boards Fall Training, 7 sessions, FREE, FUN, USEFUL.** To enroll or for info call 239-6100 or come to 161 Leland Avenue.

**OCT. 18: SENIOR TRANSPORTATION ESCORT SERVICE ADVISORY COUNCIL LUNCHEON,** 12 Noon at 240 Leland Street. Donation \$5.00. Tickets available at VVSTES office or phone 239-6233.

**OCT. 23: Laguna Honda Hospital Senior Health Fair.** Learn about: How to Remain Active & Healthy; How Fashion & Grooming affect You; How to Obtain Maximum Nutrition at Low Cost. Fashion show; legal information; medi-cal & medicare information. Entertainment & refreshments. 10 a.m. - 3 p.m. Gerald Simon Theater, 375 Laguna Honda Blvd.

**OCT. 24: CANDIDATES NIGHT -** Prepare to vote on November 4. Meet the candidates at Community Center, 50 Raymond Avenue, 7:30 p.m. Everyone is invited. Refreshments.

**OCT. TUESDAYS & THURSDAYS:** Aerobics class in Community Center gym from 5:00 - 6:00 p.m. - Nadine's Rhythms. \$2.50 per class or \$15.00 per month. Sign up in class or call 467-6400.

**PLANT:** Beets, carrots, garlic sets, parsnips, peas (bush and pole), radishes, salsify, turnips, herbs and shrubs. Early October only: baby blue eyes, California poppies, clarkia, godetia, nigella, sweet peas and wildflowers.

**SIART IN FLATS:** chard, collards, lettuce, mustard, rutabagas and spinach.

**HARVEST:** herbs in time to dry, make herb vinegars and jellies for holiday gifts.

**PLANT BULBS:** such as daffodils, narcissus, freesias, dutch iris, ranunculus, wood hyacinths, anemone and others.

**CUT BERRIES:** cut out weak canes and cones that have fruited.

**CLEAN-UP** raised beds.

**TRANSPLANT:** winter vegetable crops, broccoli, brussels sprouts, cabbage, cauliflower, spinach.

**FERTILIZE:** Begonias, fuchsias, roses and late blooming annuals and perennials and lawns. Use citrus bone meal for bulbs.

**TULIPS:** Precool tulips at least 13 days before planting. Store gladiolas, cut back geraniums, marigolds and lantana.



AWARD-WINNING SENIOR PARK AT ARLETA BETWEEN ALPHA & DELTA

DEADLINE 20TH EACH MONTH

**OCTOBER**

## Visitacion Valley Community Center **THEATRE WORKS**

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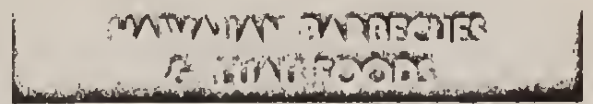
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**PALACE PHARMACY**

2800 Geneva Ave.  
Daly City, CA 94014  
(415) 467-5232



**VISITACION VALLEY PHARMACY**

100 Leland Ave., San Francisco, CA 94134  
(415) 239-5811

OLIVER LEE, Pharm.D.  
JOHN LEE, Pharm.D.

李華星 藥劑科博士  
李龍星 藥劑科博士

**Health America  
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FAMILY PRACTICE

Toussaint M. Streat, M.D.

FAMILY PRACTICE

Jacqueline W. Wasserman, R.N., F.N.P.

FAMILY NURSE PRACTITIONER

141 Leland Avenue San Francisco, CA 94134 (415) 334-3300



## COMMUNITY BOARD

Continued from Page 1

is going to be judged," Adrian remarked.

The Leland office receives a lot of calls per month, and about 15 - 20 of those become legitimate cases. One-third result in

a hearing. In the Valley about half of the cases center around neighbor disputes and the rest are spread over many issues.

While a few disputes end in stalemates, Adrian said even the

less successful meetings give people positive feelings about talking instead of doing nothing. About 90 percent end in resolution.

"It's an educational process. It's special to have strangers care, listen and talk to you as a neutral third party," she concluded.

### BAY SHORE MEAT INC.

Freezer Order & Retail

**ALL FRESH MEAT AND POULTRY**

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**1/2 Beef or 1/4 Beef Side for Freezer**

41 Leland Street  
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#### CLASSIC SOLID COLOR T-SHIRT

Imprinted with our own school design ... a great 'spirit-builder'!

A real value. 'Easy-care' solid color fabric of a durable blend of 50% cotton and 50% polyester. Soft, absorbent.

COLOR: GOLD

Youth Sizes: S, M, L

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Q NAVY INPRINT

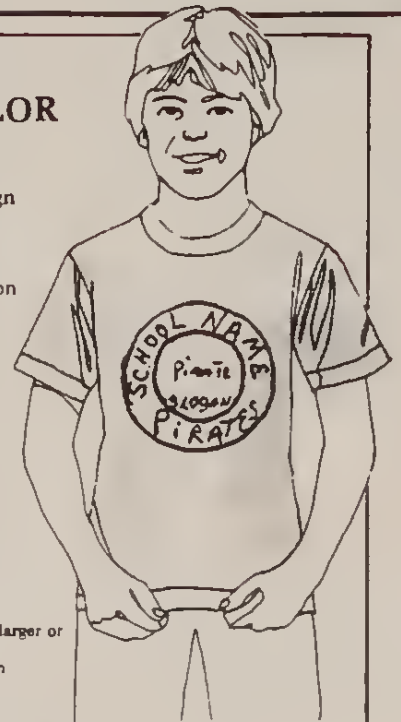
YOUR 'SUPER-SAVER' COST:

Youth: \$ — Teen/Adult: \$

\$6.00

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Here's a measuring yardstick. If your child is larger or smaller than average, adjust accordingly.  
Age: 5 - Youth Small; 6, 7, 8 - Youth Medium  
9, 10, 11 - Youth Large  
12 or teen - Youth Large or Adult Small



#### VISITACION VALLEY ELEMENTARY SCHOOL

Order Form for Style P222 Solid color T-Shirt

Parent's Name \_\_\_\_\_

Home Room No. \_\_\_\_\_

Teacher's Name \_\_\_\_\_

Youth S \_ M \_ L \_

QTY \_\_\_\_\_

@ \$ \_\_\_\_\_ ea = \$ \_\_\_\_\_

Teen/Ad S \_ M \_ L \_

QTY \_\_\_\_\_

@ \$ \_\_\_\_\_ ea = \$ \_\_\_\_\_

GRAND TOTAL \$ \_\_\_\_\_

Please enclose payment with order ☐ Cash ☐ Check

IMPORTANT Order must be returned to school before October 8, 1986

**WELCOME TO YOUR FRIENDLY NEIGHBORHOOD STORE**

# VALLEY SUPER MARKET

**65 Leland Avenue**

**PRODUCE LIQUOR GROCERY**

**For Free Delivery**

**Call 239-7520**

**10% DISCOUNT FOR SENIOR CITIZENS**

## THIS MONTH'S SPECIALS

Mug Root Beer—6 pack

99¢ + tax & deposit

NEHI—2 liter

\$1.09 + tax

Colortex Facial Tissues—4 rolls

99¢ + tax

Sunkist—6 pack—16 oz.

\$1.49 + tax & deposit

Pepsi Cola—6 pack—12 oz.

\$1.89 + tax

**Store Hours**

**8:00 a.m. to 10:00 p.m.**